



****CELEBRATING its SUCCESSFUL 11th YEAR****

GET READY TO ZUMBA!!!! COME JOIN THE EXERCISE CRAZE THAT IS SWEEPING THE NATION! *LATIN AND INTERNATIONAL INSPIRED DANCE MOVES COMBINED WITH EXERCISE. DANCE YOUR WAY TO FITNESS!!! CLASSES GIVEN BY CERTIFIED ZUMBA INSTRUCTOR! COME JOIN THE PARTY!*

This program is offered on Tuesday evening from 7:30PM to 8:30PM unless otherwise noted at the Rec. Center located at 1400 Mountain Ave., Middlesex, NJ 08846. Phone # (732) 356-7400 X258. **Tuesday Zumba is a nine week session and costs \$108.** Registration must be done through the Recreation Dept. as the instructor cannot accept forms or payment for classes. Exact cash or personal checks made out to "Middlesex Rec. Dept." can be accepted as payment. No credits for absences. Class size is limited with registration being taken on a first come, first served basis. All registrations must be received by the Monday prior to the start of the session. All registrations received after the deadline are considered late and will be subject to a late fee. Borough residents will have first priority if class it at maximum. 18 years of age or older and post high school to participate. Each participant should wear dance or athletic shoes with support, bring a small towel, and plenty of water.

ALL CLASSES ARE TUESDAY 7:30PM – 8:30 PM IN THE RECREATION CENTER

September 4, 11, 18, 25 October 2, 9, 16, 23, 30

Please fill out the registration form below and bring/send it to the Recreation Center. Keep top portion for your reference.

-----X-----X-----X-----X-----X-----X-----X-----X-----X-----X-----X-----X-----X-----

Name _____ Contact Phone # _____

Address _____ City _____ State _____ Zip _____

E-Mail Address (please print CLEARLY) _____

Emergency Contact _____ Ph# _____ H / C / W

By signing this form, I desire to engage voluntarily in this exercise program being offered by the Middlesex Recreation Department. In consideration of my participation in the exercise classes, I do hereby agree to hold free from any and all liability, the exercise instructors, the sponsoring organization, or the Borough of Middlesex, and do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me arising out of/or connected with my participation.

Dates during which release is granted – **FROM: September 4, 2018 TO: October 30, 2018**

In your best interest, we recommend that you have your physician give approval for you to be a participant in this class.

Participants Signature

_____/_____/_____
Date

DO NOT WRITE IN BOX / For Office Use ONLY

ZUMBA/TONING September/ October 2018 SESSION

_____ Tuesday Zumba \$108

RCP'T # _____

DATE RCV'D _____